EXCELLENT

HELPS

Really found out, tried and had,
(Whereof the Parties hereafter mentioned are true
and sufficient Witnesses, by a

Warming-Stone

In his Case, which not costing much, will save much
cost in fire, and withall avoid the danger of fire. And like-
wise is very usefull and comfortable for the colds of A-
ged and sick People, and for women with child or in child-bed,
and for sucking and young children, and such as have
their hearing and seeing decaying, and for the Tooth-
ache, sore Throats, and the cold fits of Agues.

As also

For Fluxes, Rheumes, Collicks, Ruptures, and many other in-
firmities, or any cold diseases, and for those that in Beds, Stu-
dies, Shops, Ships, Churches or elsewhere have need of
heat, yet cannot conveniently make use of fire.

And likewise

For the poor, when having no fire of their own, they may borrow
the hearing of this stone at a Neighbours fire, if his
Chimney be not altogether cold.

Published by Sir RICHARD CAREW Baronet, for the Honour of
God from whom every good gift comes, and for the good of all People,
from the New-born Babe to the decrepit and decaying old man.

The third Edition with some Experiments newly added.

LONDON:

Printed for *John Bartlet* Bookseller, and are to be sold at his shop at the sign of
the *Gilt Cup*, near St. *Austin* gate in *Pauls* Church-yard, have

The *Warming Stone.*

The decay of the naturall heat of mine own perſon by ſickneſs and many ill accidents hath inforced me many times to ſeek help of artificial warmth, and by the bleſſing of God I have ſo often received eaſe of my grief, and I verily believe the preſervation of my life in many grievous extremities; and I thank God daily do, and neither my ſelf, or any other ever had any harm thereby; that it hath made me not onely willing, but alſo very deſirous to communicate the knowledge thereof to as many as conveniently I may. For I hold it the greateſt earthly happineſs that any man can poſſibly have, to do goods; and I fear many have periſhed for want of the knowledge hereof, and I hope many Millions hereafter may be ſaved hereby, and with this advantage alſo, that abundance of fewel may be ſaved every where. (*To help grievous vomiting and purging.*)

To help vomits and purging.

Once when I was dangerouſly oppreſſed with often and very ſtrong vomiting, and much purging, and did riſe out of my bed, and go into the cold ſo many times, and ſo ſpeedily one after another, that I could neither give heat to my Bed nor receive any from it. (*To maintain heat when it cannot be done by any other means.*)

To maintain heat.

Another time alſo when by an hurt in my foot, my grief was ſo exceedingly increaſed, that both my foot and leg were grown full of black ſpots, and white between, from the ſole of the foot to the knees, and moſt which ſaw it took it to be a Gangrene, which they thought to be incurable without cutting off my leg, which alſo was ſo mortified with cold that I could give it no heat from my body. I then by the bleſſing of God, (as I have many other times done) maintained heat in it by the help of a kind of ſtone which I find to be apt to receive heat much ſooner, and likewiſe to retain it much longer then any other thing, which I could find upon any reaſon or trial. For I found clothes heated by the fire would quickly loſe their warmth; and likewiſe boards could not retain their heat long; and that Brick and Free ſtone required much time to heat them, and held it but a little while; and that other ſtones were not able to endure ſtrong heating, but would ſuddenly fly in pieces; whereas this ſtone being well ſeaſoned at the firſt, with a moderate heat will both receive it quickly and keep it very long, and impart it very kindly and agreeable unto Nature. (*To heat the feet.*)

To heat the feet.

When my feet have been cold, warming the ſtone by the fire, and putting the ſoles of my feet thereon, it hath in one quarter of an hour recovered me more heat unto them, then ſcorching them by a violent fire could have done in an whole hour. (*To help the Collick.*)

Collick.

When I have likewiſe been grievouſly pained and tortured with the Collick, the ſtrength of the heat of this ſtone, hath by applying it unto my Belly, ſuddenly eaſed and cured me, and many others likewiſe have found the like remedy for the ſame grief. (*To procure ſweat in child-bed.*)

To procure ſweat in child-bed.

A Gentlewoman in the Pariſh where I lived being put to ſweat after a dangerous childbirth, and there being ſome difficulty to procure it, yet the heat of a Warming-ſtone cauſed her to ſweat and ſhe withall recovered her ſtrength, and was afterward the mother of many children. This Warming-ſtone alſo hath likewiſe holpen a woman great with child who had a great ach in her thigh, and thought ſhe could not be cured, till ſhe were freed of her burthen by child-birth; yet by the help of the warmth of this ſtone found perfect remedy above two moneths before the time of her delivery came. *An ach is holpen hereby of* Arthur Reeps *wife of* Antony *in* Cornwal.)

Ach holpen.

Another having by long ſitting up and writing by night gotten a great cold and pain in the Elbow and fleſh of his left Arm; which both continued and increaſed with much numbneſs and deadneſs feared the utter decay of that hand and Arm, applying this Warming-ſtone unto his ſad grief, is now by the bleſſing of God ſo well recovered thereof that he feels the ſame no more then if he had never had any infirmity therein, without uſing the help of any other thing, as likewiſe many others ſince have recovered their Aches and other griefs by the ſame means. (*of Mr.* Chriſtopher Ough *of St.* Ive *in* Cornwal.)

Numbneſs and Aches.

(*To help any cold in Child-bed.*) And it is a thing certainly known, that the leaſt cold in childbed which cannot be recovered by the ſole ſtrength of their (then weakned) natural heat brings certain death, ſo I know no other remedy ſo likely to recover her ſweat and ſtrength in any ſuch accident, as by the help of theſe Warming-ſtones in their caſes, either one or more of them, as need ſhall require, to have them applyed unto any part of the body that wants them. This hath been [illegible]

and recovered her health and strength again (*Help given hereby to free the after burthen of* [illegible] Cruse *of* Brixam *in* Devon.

(*Strength given in the exceeding great weaknes in Travail of M.* Mounts *wife of* Liskerd *in* Cornwal) Another also who was grown so pale and cold after long travail that the Midwife who was sent for to help her, finding and feeling her feet and her face to be cold, supposed she had been dead, and said unto those who had sent for her, she marvelled why they had sent for her to come to a dead body; they answered she was not dead, though very weak; whereupon rubbing her face and finding some warmth therein, she caused them presently to send to her house with all speed for a couple of these Warming-stones, by the help of the heat whereof applyed to her feet, and her belly, God blessed her endeavours so well, that both the woman and the child were preserved. (*Help given in great weakness after child-birth, to* John Pits *wife of St.* Germans *in* Cornwal.)

One also being grown so weak after child-birth that both her self and friends, daily and hourly expected her death, a neighbour of hers who had one of these stones hearing thereof perswaded her to make use of it; whereupon she did it, and found much ease thereby; and yielded her continuall com- t for a month or more, and at last drew her grief into her Back, and there made it break away by an Impostume; and now God be praised by little and little, she hath recovered her strength again, and verily believes it hath saved her life. (*Procurement of a more speedy delivery then heretofore to* William Skins *wife of St.* Stephens *by* Saltash *in* Cornwal.)

Another woman likewise who hath born six sons, and for the first five could not be delivered of any one of them in lesse then two dayes pain, was never so weak with breeding any of the former, as she was with the last, yet sooner delivered then any of the rest, which she supposes to have been performed by the help and comfort she receives from these Warming stones in her Travail with this last child, because she made use of them now, and did never before, for that their use was not then made known (*ease and sleep procured, and a grievous pain in the back holpen of Mr.* Thomas Furlongs *wife of* Antony *in* Cornwal.)

One of my neighbours who had been long weak and sickly; and newly had her old grief and weakness much increased by the loss of her eldest son, when with all the help that she could get by Physick, in a long night she could take little rest; by the warmth of these stones, the one being applied to her feet, and the other to the bottome of her Belly, she found more ease and sounder sleep, then she could do at any time in a quarter of a year before. And she told me that when her maid had forgotten (after an eight or ten dayes using thereof) to provide this help for her, she slept as ill, as she was wont to do before; but now (God be praised) is very well amended in health and strength. The same party also being extreamly weakned with such a grievous pain in her back, as she was neither able to go nor stand, & told her husband that if it should continue with her but three days she thought verily it would cost her life; by applying these Warming-stones to the place grieved, within three hours was able to walk about her chamber, at which her Husband told me he marvelled much how so great an alteration should be wrought in so short a time. (*of* Robert Sloget *of* Antony *in* Cornwal.)

Another likewise having so grievous a pain in his back, as that it forced him to keep his bed, was by the help of this stone cured thereof. (*And of* Arthur Masters *of the same Parish.*

And another also though his pain therein was so great, as it so much weakned his body, as he was not able to turn in his bed, was by the same means speedily cured; and very many others whom for brevity sake I forbear to mention. (*Help to bring in again the Rupture of Mr.* Simon Row *and another of* Antony *aforesaid.*)

The help hereof also hath recovered those who were endangered by taking cold in their Ruptures, that both themselves and their friends despaired of their lives; because the fat of their guts being fallen down into their Cods, and there grown hard and stiff by the cold, could not possibly be re-placed, till strong heat had resolved it into softness again; and so there was means found to return them into their due place, by which God be praised some who (in regard of their great weakness) desired to be prayed for publickly in the Church, being out of hope of life, have recovered health and strength again, though one of them was near threescore and ten when by this means he was holpen. (*The same for the Fundament of* Alexander Gornard *of the same Parish.*

Another who with violent labour had made his Fundament to issue out of his Body, so as it grieved him exceedingly, by the warmth of these stones made it return to his place, and so God be praised continues, unless by too much labour it be forced out again, which when he at any time feels by the same means he still helps himself; for when griefs are renewed, so must their Remedies be. (*The fluxes holpen of divers of* Richard Rundles *house of* Antony *aforesaid, and others in other places.*)

It hath likewise done exceeding much good to many who have had very violent fluxes (whereof [illegible]

To free the after burthen.

Weaknesse after childbirth.

To procure speedy delivery.

Sleep procured and pain of the back holpen.

Rupture.

The same Remedy likewise helps much to abate the violent cold fits of Agues; several ones being applyed to every place where the cold is felt, by means whereof they will soon give heat to the whole body, and being applyed to the stomach strengthens the weakness thereof very much against the Cough, ill digestion or any disease which comes of a cold cause. (*To help digestion, and cold in the stomach.*)

help dige-on.

For it exceedingly helps the weakness of the stomach, because all good digestion being made by heat, as extreme outward colds weaken it by abating that heat; so this outward heat strengtheneth it much by adding more warmth unto it: and one having been for divers years so overcome with cold in her stomach, as she could hardly take any rest by night; by the help of the heat of this stone is so freed thereof, as she hath not since felt it a great while. (Thomas Edwards *wife of* Plimouth *in* Devon.

old in the mach

And we find that boiled, baked and rosted meats being eaten hot, that helps us much to concoct the same meat. And whereas we seek help by artificial liquours that have an extraordinary heat to help the cold weakness of Nature by their strength; if too little be taken, it doth little good; if too much, much harm, whereas the heat of these stones may be duly tempered to our use, being continued, increased, abated, or removed suddenly, as the diseased party shall think good. (*To supply the need of a warming-pan.*)

o supply the eed of a war-ing-Pan.

The same stones also put into the Bed, do not onely supply the need of a Warming-Pan, but being put into a Case will retain a comfortable heat in the Bed for above ten hours together; and a sensible heat for fourteen if he be throughly warmed; which must be done as hot as may be without burning the Case. This is tried by spitting on the stone or sprinkling water thereon; for if it hisse not overmuch it is never too hot; and if it be too hot being removed from the fire, or sprinkled with water the burning heat will be gone from the out-side. And a stone in a Case well made may be applyed to the head, feet, belly, or any other part of the Body that hath need of it; and may be as soon put away from it, if the heat be too great. (*The use of this stone at the Church.*)

irections for eating the one.

he use of the one at hurch.

My house being a mile and a quarter from the Church, upon a Christmas day when the Wind blew cold, and there was a hard frost, I caused two of these stones to be heated for me at home, and so carried them to the Church, where putting the one under my feet, and my hands on the other, they kept me so warm in my Seat from the beginning of Prayer, during the time of the Service, Sermon, and a long Communion, as I think I could not have been by a great fire in my house; and when they were brought home, the Case being opened they remained so hot, as one could hardly indure to keep his hand on them; yet now I find that keeping one sometimes under; sometimes on my feet, and the other on my Thighs, and laying mine hands thereon, they keep the whole Body more warm then the other way. In extream cold weather, I find also that making use of them in my Bed, they heat me both far longer and better then any Warming-Pan could do. (*The cost in wood saved thereby.*)

ost in wood ved.

And one of these stones hath yielded me so much heat, as the heat by fire would have cost me above fourty pound, (though wood be not so dear with us, as it is in many other places) for I have made use of him these three or four Winters continually by night, and many times by day and night in Summer when I have been ill at ease (*To give heat in such places, where it cannot be had by any other means*) Besides, it hath continued heat so long and so often in my bed, as I could by no other means have gotten the like heat there, if I would have given an 100 l. for it. Yet the stone by his often heating is not grown worse, but rather better then when I first used him; so as he who gets one of these stones doth purchase the inheritance of a costless fire; except he forfeit it by his own fault. It gives also not only a greater, but also a sweeter heat then the Warming-Pan doth, unless the Case be laid on some board or stone where some Kitcin-stuff hath been spilt; therefore that must be carefully avoided. (*Inconveniences to be avoided herein*) And likewise if the Case be left in the open air in moist weather, though it be within doors, it will drink up so much insensible moisture, as when the hot stone comes to be put into it next again, it will make the Freez sweat, so as a man may wash his hands thereon, which they will not do, if they be kept from the air. These stones are likewise very usefull for all Schollers to heat their hands and feet, when they must attend their studies in cold weather; and for all persons which by their Trades in such seasons must keep their shops, or for the service of God continue in the Church, and such as travel by sea, who may have these stones warmed by the fire, though they cannot warm themselves in that place where the fire is. The small cost which belongs to it, is mostly in providing the stone, and Case at first; for they will be heated by the same fire which is made for any other purpose, either to bake, boil, brew or rost, or by any other fire either laid upon it, or set against it by convenient turnings, that all parts of the stone may be heated alike, which may be done, without any hindrance of any of the aforesaid uses. And by often trial I find that two of eight inches long and four inches broad, will do more service then a single one of double the length and breadth, because they will be less subject to breaking with falling, and are the more easily put to

o give heat n such places here it can-ot be had by ther means.

Inconvenien-ces to be avoi-ded herein.

Usefull for all Schollers.

and likewise at one time be applyed to several places. And such poor people as have no [illegible] own, they may heat it at their Neighbours fire, which will diminish them no more then lighting one candle by another. And whereas no fire can be contained without consuming the fewel which makes it, and that cannot be provided without continual charge according to the wasting thereof: this stone being so heated, will keep his heat without cost for divers hours in other places; but in the Bed for a whole night, and that without renewing the heat, or troubling the rest of the party who needeth the warmth thereof. These uses and experiments will be verified by the witness of all the persons herein mentioned, and many others who have very often, and do daily make use thereof, some of which have not been more averse from being perswaded to try it in the beginning, then afterwards they have been loath to leave the benefit they found thereby. And as I was very confident at the first publication hereof that many other uses of them would be found out, besides those then mentioned: so I thank God with all my heart, it hath since that time recovered the hearing of one of sixty six years of age; who was grown so deaf, as for two years together he could hardly understand any thing that was spoken unto him, unless the speaker did cry aloud into his ear, the use hereof by laying it hot under his head when he went to bed, caused a hard thing as big as a pease to fall out of his ear, and hath so well recovered his hearing, as that he can understand ordinary talkings, & likewise acknowledgeth that his sight is much thereby amended also, so that he can read better now then he could do at any time in 3 years before. (*The sight and hearing of* John Cowling *of* Antony *in* Cornwall *holpen.*)

For deafne and sight pen.

Another also of the age of sixty six years, using this stone to help the deafnes of one of his ears, was soon holpen thereby, and perceives a great amendment in his sight thereby likewise. (*The hearing holpen, and a grievous pain in the back eased of* John Jackman *of St.* Stepens *by* Saltash in Cornwal.)

The same party also being so tortured with the pain in his belly that he much feared the loss of his life therewith, and therefore made his Will; by applying this stone to his belly recovered so well that the next day he was able to go to his daily labour. Another of the age of ninety four years, by using the help of this stone hath been freed of a grief which continually pained him in his knees for two years before; and by sleeping on this stone hath so recovered his hearing, as he can understand any thing that is spoken unto him, better now then he could do in above thirty years before, as my self know certainly: for he was a servant of this house then, and hath dwelt near to me ever since, and he likewise saith, that his decaying sight is much amended hereby. (*The hearing and sight holpen, and a pain in the knees eased of* Iohn Michel *of* Crafthole *in* Cornwal.)

Pain in b and knee

Another likewise who was subject to much pain in her head, and grown so dim-sighted, that she could hardly go well about the house; by sleeping on this stone hath found much ease, and such a recovery of her sight that now she can see to spin threed. (*The sight holpen of* William Bylands *wife of St.* Stedhens *aforesaid.*)

Sight ho

Another who was grievously pained with the tooth-ach, being advised to use one of these stones, and to lay her head thereon; by the use thereof she not onely got ease of her pain (as many others have likewise done) but also being hard of hearing, was at the same time, by the same means so much helped of that infirmity, as all those who knew her before wondred at the alteration; and it hath been often observed, that the heat which this stone gives to the head, doth not onely give ease to the griefs, but also much refreshes the complection. (*The tooth-ach eased of one Mr.* Kneebones *servant of* Linkinhorn *in* Cornwal.)

Tooth-a

Another that was troubled with such a noise in her head, as she could very hardly rest, by sleeping on this stone was by Gods blessing cured of this infirmity. (*Another holpen of a great noise in her head.*)

A neighbour of mine being so extreamly grieved with pain in his head that he feared the extremity thereof would have made him lose his wits and his life, laying his head on one of these Warming-stones well heated, began to feel ease within half an hour, and within three hours after felt filthy trash fleet out of his ear, and hath by the blessing of God been perfectly cured thereof ever since. (*A grievous pain in the head holpen of* William Dwean *of* Antony *aforesaid.*)

Pain in t head,

Likewise one that was so grievously pained in her head and ear, as they were forced to watch with her all night, and much feared her life; and though she were eight years of age, were fain to lay her in a cradle, where by laying this stone hot under her head, within 24 hours it made her perfectly well, by causing something which offended her to issue forth of her ears (*A pain in the head and ear holpen of* Theophila *the daughter of Mr.* Samuel Deeble *of* Antony *aforesaid.*)

Pa win t ear.

One also who was grieved with much pain in his side, applying this stone to the grief, it soon ripened his Impostume, and made it break outwards. Another likewise who was taken with grief in his right side, though it were very hot, was perswaded by the forenamed party to use this stone as he had done, which by the blessing of God wrought the same effect with him, and drew it to an Impostumat-

Impost

[illegible] parts of his body that it made him soluble, which he

before. (*A great pain in the side helpen of* Roger Buckland, *of* St. Stephens *aforesaid. The like of* Lodowick Wyat *of* Antony *aforesaid*.)

One likewise that had a grievous sore breast so that one might turn an egg in the hole thereof, for which she could find no remedy by any other medicine which she used, untill she added the help of this Warming-stone, was within a little while by the blessing of God thereby cured. (*A sore breast cured of* James Rundles *wife of* Drewstainton *in* Devon.)

And another also who had a great pain in her breast; and was very hard swoln, she applying this stone thereunto eased it, and drave it into her shoulder; and so following it with the stone drave it into her arm, and by applying the stone unto it there, put it clean away, and so saved it from breaking. (*The sore breast kept from breaking of* Arthur Reeps *wife of* Antony *aforesaid*.)

And I am perswaded that many Womens breasts by this means may be kept from breaking; and many have their lives saved who die in childbirth by taking cold in their breasts (as *Florence Reed* one of this Parish did) and that many Chirurgions may oftentimes make very good use of this stone in curing some hurts, when for want of heat in the Patient, nature alone cannot work so effectually, as it will do by this help. (*To give help by heat in curing of wounds, and ease the belly in purging; and strength of retention to the stomach after vomiting.*)

It may likewise be very usefull for Physicians to ease their Patients of much of the pain in their Bellies when they are purged; and to strengthen their stomacks to give them better retention when they have been weakned by vomiting. For so it did unto one who was taken so extreme ill, as she fell into a grievous vomiting; and was scarce able to fetch her breath; she applying the stone to the place where she felt her greatest grief, within one hour found a great deal of ease thereby; and now (God be praised) is reasonable well again. (Thomas Harlsons *wife of St.* Germans *in* Cornwal.)

It may likewise yield much comfort to such persons, as have had much blood drawn from them to preserve their lives by supplying their defect of heat till their blood be renewed again, as it did unto one of my Parish. (*To supply the want of heat in such as have been let blood, as of* John Popleston.)

One also that had a great ach in her leg, which made her very often keep house, by applying this stone thereunto, removed it from thence into her knee; and following it there drave it into her pin-bone, and lastly into her stomack; which made her very sick for a time, but at last it brake away in exceeding great belchings, and so was freed thereof that she felt it not in a long time after. (*An ach cured of Mistris* Anne Southmead *of* Morron Hamsted *in* Devon.

Another likewise going to a place half a mile from home, when he was gone two or three Butlengths from his house was so taken in his Thigh and the outside of his left leg, as it made him return to his house again, being not able to go any farther; and when he came home, he went presently to Bed, and caused a couple of these stones to be heated for him; and so applying the one to his thigh, and the other to his leg, within three hours it took away all his pain, insomuch as he never felt it since, being now a year past. (*The like of* Richard Rundle *of* Antony *aforesaid*.)

One also having been extreme sick of a long and violent Feaver, and grown speechless, was so mortified in her flesh, that both her feet and legs to the knee, and hands and arms to the elbow, appeared right like a dead person; and she had no sense of feeling left in either of them; Whereupon her friends having some of these Warming-stones did heat a couple very hot, and applyed the one to the soles of her feet, and laid another on her belly, and her hands thereon, which continuing in that manner near about three hours, at the three hours end she tumbled them out of the Bed, at which they much marvelled. But one that was present guessed that her patting them away was out of a desire to have their heat renewed; as by Gods disposing it appeared plainly afterwards; for the stones being heated she did not move them, till she found the abatement of their heat again; and then she used continually to thrust them out of the Bed, as she did at first, and so lay three hours before she could recover her speech; which when she did, the first thing she called for was to have the stones heated for her again. And thus by the mercy of God beyond all their expectations, she recovered her health and strength fully again, and continues it so God be praised at this time, it being above a year past when she was so dangerously sick. (*Help given in exceeding great weakness after a fever to* Iohn Seawards *wife of* Drewstainton *in* Devon.)

And many others which have been so weakned with fevers, as their friends doubted their lives, have by the application of these stones recovered health and strength. (Iohn Rawlings *wife and son of* Antony *aforesaid, and* Grace *my Brother* Iohn Carews *daughter*.)

One also that was so overcome with a sore throat, as that she was neither able to eat nor drink, nor to let down one drop of milk through her throat which she sucked in by a Reed, so as she doubted her life, having one of these Warming-stones, she did heat him very hot, and held him so against her neck and throat, so long till both her arms grew extream weary, (for finding ease she would not put him away) and by the strong [illegible]

One likewise which was taken with a great deadness in his hand, which afterward possessed his arm, and increased further into his shoulder, and then into his back, and at last seized soon all his body, as he was not able to turn in his bed, nor to put his meat to his mouth; having three of these Warming-stones, which he applyed unto those places where he felt most grief, by their heat within four hours they brought him to a great heat and sweat, and in the morning acknowledged he found great ease of his former grief, and being likewise taken at the same time with a great pain in his side and a short cough, by applying one of these stones thereunto was freed thereof, and was able to walk about his chamber within two or three days, which grief he hath been subject unto for these 5 or six years, and did usually heretofore hold him three weeks or a month at a time, and was now cured in three or four days. (*A great benumbing holpen of Mr.* Pethin *of St.* Stephens *by* Saltash *in* Cornwal) A great numbnesse.

One also going to visit a friend of his, was suddenly taken with a very great pain in the bottome of his belly, and his thigh, which afterwards descended into his leg, and made his leg and foot so cold, as he had no sense therein. Then by the help of one of these Warming stones, he was preserved for two days, though in much pain; but after two days, (by continuing the same help) he began to feel some ease, whereas his pain before was so great, that it made him light, and to say he knew not what; but in four days after he gathered so much strength, as he was able to walk up and down by a staff, and at eight days end was able to go a flight-shot to take boat, and so to get home to his own house at *Plimouth*, carrying the stone hot with him all the way, which using continually for a month, afterwards he recovered strength to go to his ordinary labour again. (*The grievous pain in the belly and thigh eased of* Iohn Iohnson *of* Plimouth *in* Devon. Grievous pain in the belly and thigh eased.

One also that had been long sick and was much weakned therewith, found so much help by the warmth of these stones, as he verily believes they have been a great means to preserve his life. (*Strength given in very great weakness to* Iohn Comer *of St.* Clether *in* Cornwal,) Strength given in great weakness.

His wife also having been a long time pained so in her legs, that she could hardly rest two hours in a Winters night, and was forced by her grief to cry out so many times, as her husband could scarce take his rest by her; by the help of these stones, now (God be praised) she scarce awakes two hours in a night, and rests much more quietly. (*A great pain eased, and sleep procured to his wife.*) Pain in the legs.

One likewise being at a friends house, and having drank some honeyed drink, was so tortured with pain in his belly and guts, as both himself and those of the house much feared it would have cost him his life, but by the help of the heat of these stones, was made perfectly well again within twenty four hours. (*A grievous torture in the belly eased of* Iohn Rawling *of* Antony *aforesaid.*) Torture in the belly cured.

One also that was so much weakned with a continual scouring, as in the end it drew much blood from him, and made him look so pale and earthy, as most of his friends despaired of his life; for he was grown so weak, and his natural heat so much abated, as he could find but a little warmth in these stones when they were so hot that they did scorch his skin; yet by Gods mercy maintained it so long by this help, as he hath fully recovered this desperate disease; and likewise a grievous pain in his back which the same brought with it, and hath now renewed his former complection and strength again. (*The great help given in exceeding great weakness and coldness to* Philip Collin *of* Antony *aforesaid.*) Looseness.

The help of these stones hath been found likewise to be very useful for the diseases of young children, and one of my neighbours having a nursed child extreme sick with breeding of teeth, and his belly very hard swoln; by applying this hot stone thereunto, gave such strength to the weak child through the heat thereof, that it inabled him within a little while to break much wind, and so to avoid his grief. (*The help given to young children hereby.* Iohn Gondles *wife of* Antony *aforesaid.*) Wind.

Another likewise having a sucking child laid in the Cradle, so overcome with cold and the Pose that it could hardly draw its breath, laying this stone in the beginning of the night under the childs head, found it the next morning perfectly cured of this disease. And another time when he knew not how otherwise to get heat to the same childs feet, procured it by the warmth of the same stone. And I verily believe many both women and children perish, for lack of the knowledge of the help they might receive by these stones. (Robert Trewhartes *wife of* Antony *aforesaid.* Cold in the head.

One also whose child had a rupture at the Navel, which came upon it within three weeks after it was born, and continued almost a quarter of a year, so that it could hardly rest by night; by applying this stone thereunto, began to rest better within a little while, and by keeping it continually in, and the stone thereunto, is now become perfectly well. (Thomas Hoskins *child of* Antony *aforesaid.*) Rupture.

My self also had a young Civet Cat so extreamly overcome with wet and cold, as that all his limbs were stiff, and there was scarce any shew of life left in him, yet by applying the heat of this stone, he is so well recovered as if he had never been ill. And I believe both children and other young things may have their lives preserved by this means when it can be done by nothing else, For clothes [illegible] and increase it unto living creatures when they find heat there before, but cannot Stiffness in the Limbs.

the preservation of life, as mankind hath. And some of these parts have much [illegible] ver thought ge on using this help for the preservation of their children; which they think [illegible] of God, by this means they might have saved. For they said, cold was the cause of their [illegible] they had of the stones, but did not think they might do good to children, untill I told it them, and [illegible] the Scripture mentions how King *Davids* heat decayed so with his age, that his servants were [illegible] seek extraordinary helps to preserve it; so the decaying old people of these times have found much need, and withal much help and comfort, when they have been bed-rid for divers years before their death, by the warmth of these stones, not being able to get it by any other means, and therefore have been as carefull to call for them as for their food.

b-ache. Mistris *Susanna Durdan* in *London* being in great extremity with the tooth-ach, is cured by applying this Warming-stone to her cheek. At the *Mairmaid* in St. *Pauls* Church-yard.

umption. *Laurance Femmet* the son of Master *William Femmet*, now Preacher of *Reading*, having lost his voice six months, so as he was not understood when he spake, unless he layed his mouth to ones ear, and having a cough of the lungs, and spitting blood frequently, having used all other means of cure, and there being in the eye of reason no hope of recovery, by the use of this Warming-stone when he went to Bed, applying it to his throat and stomach, in six weeks time (by Gods blessing) was restored perfectly, and is now as heal hy as ever in his life. He was then servan tto Master *Blackberry* Leather-seller in *London*.

in the Colonel *Clark* of *London*, who had an extream pain in his knees cured by applying this and also was pained with the tooth-ach to extremity, and was freed by the use of this stone.

At Westminster, a Gentlewoman affirmed, that great experience had been had to her knowledge of such who were in extream torture with the stone in the bladder, and by the use of this stone applyed to the flancks, it did facilitate the making of water.

Thomas Bourn Student in Astrology, and Physician at *Marlborough* in *Wiltshire*, is cured him of the stone in the kidney.

dy Flux. It hath cured the bloody flux when Physicians have given them over, as one of *Warwick* affirmed, by applying one stone in the case to the fundament, and another to the belly.

John Bartlet that sells these stones, and prints this Paper, affirms that himself being very lame with the *Sciatica* to extremity, by applying this stone but two hours was cured of his lameness, and by following of it two nights afterwards when he went to Bed, laying of it to that part of his hip where his pain had been, hopeth he is perfectly cured.

Master Humphrey Tompkins living in *Herefordshire* near *Monmouth*, and had long had and used this stone, affirmed that one might have it and use it six years, before he shall know all the good that might be reaped by it, in regard of several diseases.

Mr. *Winslow* sometimes of *New-England*, afterward one of the Committee at *Habberdashers-Hall*, *London*, being at Dr. *Williams* the Physicians house then in *Thames-street*, was taken with so great a pain in his Thighs that he was not able to get home, the Dr. sent for two *Warming-Stones* and applyed them to him a few dayes after *John Bartlet* going thither about business, Mr. *Winslow* thanked God by his blessing on the use of these Stones he was as well as ever he was.

A Child of twelve years of age at *Salisbury*, that had lost its speech, and was lame, and went on Crutches by means of the numbd-palsy, by use of these Stones, through mercy, is throughly recovered.

Here are also sold the right Pectoralls or Lozenges which are excellent for curing Coughs or Hoarsness, Shortness of breath, Consumption.

Here is sold the best black Ink that will not change colour also a sepetiall Powder made of choice ingredients that cures the Green sickness and Scurvy.

This stone gives ease to such who are troubled with the Gout that comes of a could cause.

Doctor *OXENBRIDGE*, a learned, and ancient Physician in *London*, ten years since bad me *John Bartlet* to publish it; that this stone hath given more ease to Patients of his troubled with the *Scatica*, then any outward medicine he could apply.

FINIS.